



**Leah
Fetting**

Personal Trainer

Personal Trainer

Areas of expertise

- Weight reduction and developing a lean, toned body
- Developing functional muscle mass
- Support in overcoming mental barriers to achieving health and fitness goals

Qualifications

- Certificate 3 and 4 in Fitness
- Bachelor of Applied Science - Exercise and Sport Science (current)

Bio

Leah's interest in health and fitness developed during secondary school where, after having little interest in sport, she began visiting the gym in efforts to improve her physical and mental health. Enthusiastic to participate in various workouts, with a particular interest in boxing and HIIT classes, her gym routine soon led to positive personal achievements, including a desired weight loss of 12kg. Leah's confidence and health improvements were notable in her continuously growing passion for health and fitness.

Leah recognises the importance of leading a healthy lifestyle and the associated positive impacts on physical and mental health. Combining her passion for health and fitness and her strong desire to help other people has remained a major motivator for being a personal trainer. As a personal trainer, Leah enjoys interacting with a range of clients on a daily basis, listening to each clients' individual health journey, and supporting them to improving their overall health and quality of life.